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Navy & Marine Corps Medical News  
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This service distributes medical news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this email is highly encouraged.

Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (Navy researchers and administrative managers). Corpsmen and Dental Technician designators are identified in front of their names.

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Headline: New state-of-the-art medical center opening soon  
By LT Kyra Hawn, Naval Medical Center Portsmouth

Portsmouth, Va. - Military beneficiaries in Hampton Roads will soon enjoy the benefits of a new hospital facility at the Naval Medical Center in Portsmouth. Contractors and staff members are in the final stages of outfitting and equipment installation at the facility, which will be named the Charette Health Care Center. Clinics have begun a phased relocation from existing buildings into the new facility. All clinics will be relocated and operational by the middle of April.

The new hospital building is a state-of-the-art facility that will dramatically improve the quality of life and service available to active duty and retired military families in Hampton Roads.

The Charette Health Care Center measures over one million square feet, over twice the size of the existing hospital building in Portsmouth. Obvious modern improvements to the hospital environment and technology make the Charette

military health care experience convenient and accessible for staff and patients. To aid patients and guests in navigating the new hospital building, electronic information kiosks have been placed on each floor. The elevator capacity has increased by four hundred percent from existing standards, with a total of twenty-six elevators available to quickly and comfortably move guests, staff members and patients from floor to floor. Additionally, every clinic is assigned a color-code which will visually remind patients of their location within the hospital, and on each floor overhead signage can be referenced every thirty feet throughout main corridors.

The five-story building contains over 300 clinical examination rooms and over 140 special treatment rooms. The hospital is well equipped to service primary care visits, outpatient surgical procedures and specialty treatment as well as inpatient stays. New services and technology available to patients include twenty-four hour chemotherapy availability, a separate oncology entrance, two MRIs (magnetic resonance imaging), two linear accelerators, two ultrasound rooms, two CT (computerized tomographic) scanners, two angio suites and two radiographic head and chest units. The building also houses seventeen operating rooms, with five outfitted for specialty surgical procedures and twelve for general surgeries.

The greatest medical care advancement found in the Charette Health Care Center is the careful design and consideration for pre-natal treatment and modern labor, delivery techniques and accommodations. The Obstetrics and Gynecology Department will relocate from its current treatment spaces in the medical center's original building, which opened in 1830, to a comprehensive in-hospital birthing center. To meet the needs of modern birthing preferences, the OB/GYN department contains ten birthing rooms equipped with bedside crib, spouse's bed, reclining chair, individual bathrooms with showers, and the technology to progress through labor to delivery and recovery all in the same room. In addition to birthing rooms, the Labor and Delivery suite also contains four critical care labor rooms as well as four delivery rooms that resemble the design and layout of an operating room. The new nursery will include 30 newborn beds as well as special treatment beds for babies who require care in the Neonatal Intensive Care Unit.

The Charette Health Care Center was named after Master Chief Hospital Corpsman William Charette, who received the Congressional Medal of Honor for service during the Korean War. All active duty and retired service members and their families are invited to visit the new facility after April 10 or in conjunction with their first appointment to CHCC. The staff of Naval Medical Center Portsmouth is eager to continue providing quality health care in the most modern facility in the Navy and the entire Hampton Roads area. For additional information about specific clinic move dates, times and phone numbers, contact hospital information at

(757) 953-5002 or the command quarterdeck at (757) 953-5008.

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Headline: TRICARE Family Member Dental Plan to be extended

overseas

By TRICARE Management Activity

The TRICARE Family Member Dental Plan (TFMDP) for the families of enrolled active-duty service members will soon be extended to all overseas locations.

The TFMDP, administered by United Concordia Companies, Inc., will be implemented overseas in two phases. In phase one, effective May 1, 1999, TFMDP-enrolled family members in "remote" overseas locations may receive dental care from overseas providers for covered dental services. In phase two, effective Oct. 1, 1999, TFMDP coverage will begin for enrolled family members in "non-remote" overseas locations.

"Remote" overseas locations are those countries where the uniformed services have no fixed dental treatment facilities (this includes "part-time" facilities). "Non-remote" locations are those countries where the uniformed services have fixed dental treatment facilities. Family members can still receive dental care in overseas dental treatment facilities. However, this care is subject to the availability of space and facilities, and the capabilities of the dental staff.

Coverage and enrollment for dental services overseas will be automatically extended for TFMDP-enrolled family members; no additional applications or procedures will be required. Eligibility rules and benefits will also remain the same (although some services may not be available in some overseas locations).

Premiums will not change for the TFMDP overseas extension. Currently, premiums are \$8.09 for one enrolled family member, and \$20 for a family that has more than one member enrolled.

Program procedures for overseas enrollees differ slightly from those in the continental U.S. service area (the U.S., Canada, Guam, Puerto Rico and the U.S. Virgin Islands). For overseas enrollees:

(1) The government will pay the enrollee's cost-share for some non-orthodontic services. The enrollee will be responsible for the cost-share for orthodontic, prosthodontic and other restorative (crowns, onlays, buildups, posts and cores, etc.) services.

(2) The government will pay any difference between the provider's billed charge and United Concordia's allowance.

(3) Once an enrollee's annual or lifetime maximum benefit has been exceeded, he or she will be responsible for the entire cost of any additional services received. The annual maximum benefit per enrolled family member is \$1,000 per "contract year" (Aug. 1 - July 31). The lifetime maximum benefit for orthodontic care is \$1,200 per enrolled family member.

(4) If overseas enrollees return to the continental U.S.

service area to seek dental care, continental U.S. dental benefits procedures will be followed for processing claims.

(5) Uniformed services sponsors must have a minimum of 24 months of active-duty service remaining to enroll their family members in the TFMDP. Retired service members and their families, and inactive reserve/guard members and their families, are not eligible for the TFMDP.

Enrolled persons outside the continental U.S. should contact their appropriate overseas uniformed services lead agent, or servicing overseas dental treatment facility, before seeking dental care. Depending on the treatment an enrolled family member needs, and where it is received, the overseas dental treatment facilities and overseas uniformed services lead agents will provide assistance when a referral is necessary. Referrals are required for all dental care in non-remote overseas locations. Referrals are required for orthodontic care only, in remote locations.

If you have questions or want more information about the TFMDP overseas extension, call United Concordia, toll-free at: 1-800-866-8499 (or 1-800-891-1854 for hearing-impaired callers), Monday through Friday, from 8 a.m. to 8 p.m., Eastern Standard Time. Uniformed services sponsors and family members who are in the overseas service area can call the TFMDP Overseas Dental Unit at (717) 975-5017, from 3 a.m. to 8 p.m., Eastern Standard Time (this is a toll call).

United Concordia's e-mail address for overseas inquiries is: fmdpoconus@ucci.com. More information about benefits is available on the contractor's web site: www.ucci.com. The web site also contains a list of all participating dentists in the continental U.S. service area, and a copy of United Concordia's TFMDP claim forms.

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Headline: BUMED has new virtual address  
From the Bureau of Medicine and Surgery

WASHINGTON - The Bureau of Medicine and Surgery (BUMED) has a new address - on the Internet that is. BUMED can now be located at its new URL address:  
[navymedicine.med.navy.mil](http://navymedicine.med.navy.mil).

BUMED's homepage has Navy medicine's strategic plan, directories, Y2K information center, links to anthrax information, women's health and lifelines, as well as other useful information.

Bookmark BUMED's new address for easy access to all that Navy Medicine has to offer.

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Headline: Groton promotes awareness in men's health  
By Marjorie K. Cohen, Naval Ambulatory Care Center Groton

GROTON, Conn. - Recent cases of testicular cancer among young active duty members of Naval Ambulatory Care Center (NACC) Groton's patient population have prompted the Center to increase awareness of men's health problems and promote early detection and prevention efforts. On April 13, the

Center will offer a special presentation, "Men's Health and Fitness," that will address health concerns and prevention in areas of testicular and prostate cancer, sexually transmitted diseases and fitness.

Co-located on Naval Submarine Base New London with the Naval Submarine School, which instructs over 40,000 Sailors annually, NACC is the Primary Care Manager to a large number of young active duty males. This group is the prime target for the Center's men's health and education efforts.

Although testicular cancer is relatively rare, it attacks an age group that is well represented in the Navy. It is most prevalent in males ages 15-35. According to the American Cancer Society an estimated 7100 new cases were diagnosed in 1995 which is an increase from the 6100 cases diagnosed in 1991.

As with most cancers, early detection is the key. The "Men's Health and Fitness" program will provide information on how to recognize the signs of testicular cancer and how to perform monthly exams for early detection.

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Headline: AMSUS is accepting award nominations  
From Bureau of Medicine and Surgery

WASHINGTON -- The Association of Military Surgeons of the United States (AMSUS) is accepting award nominations and essay submissions to recognize and acknowledge federal health care individuals, military and civilian, for their outstanding achievements.

AMSUS is requesting that nominations for 17 competitive awards and submissions for four essay awards be submitted by June 30.

The awards will be formally presented at the 106th Annual AMSUS Meeting, to be held November 7-12, 1999 in Anaheim, Calif.

The nominations for the competitive awards may be submitted in various categories to outline the significant services and support contributed to medicine by individuals from the dental, nursing, physician, physicians assistant, pharmacy, medical service corps and enlisted communities.

The essay awards are to recognize the impact that research and other fields of study have made on the health care sector.

The nomination package for the competitive awards should include:

- A cover letter explaining why you feel the individual deserves the award.
- A curriculum vitae for the individual nominated.
- A listing of the individual's publications, awards, honors, and other professional accomplishments.
- A short, one-line citation suitable for use on a plaque or scroll.
- Any supporting letters from other individuals.
- Full name and address of the individual being nominated, along with the name and address of the nominating

individual.

Essay submissions of either an original or previously published article are to be submitted by the author to be judged.

The criteria for each award nomination and essay submission vary. To find out more detailed information on the awards/submissions and the criteria for each visit the AMSUS website at [www.amsus.org](http://www.amsus.org) or contact Linda Hines at 1-800-761-9320 ext.15.

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Headline: Hepatitis C Virus Lookback Project seeks previous blood recipients

From TRICARE Region 11

AURORA, Col. -- If you received a blood transfusion prior to July 1992, the Department of Health and Human Services (HHS) recommends that you be tested for the Hepatitis C Virus (HCV).

HCV Lookback is a project initiated by the HHS Department to inform early recipients of blood transfusions to be tested for the virus, because no effective test to determine the presence of the disease was available prior to 1992.

Hepatitis C is a chronic disease that affects the liver and can cause cirrhosis and possible liver failure. The disease is generally spread through contact with infected blood. Although symptoms vary, most people infected with the virus don't exhibit any definite symptoms. In fact, about 4 million people infected with Hepatitis C don't know they have the disease,

Officials suggest avoiding personal care items that could carry blood, such as the sharing of toothbrushes and razors to avoid the spread of the disease. Also avoid direct contact with bodily tissue, fluid and open sores and cuts on the skin.

While no vaccine exists to prevent Hepatitis C, there are anti-viral medicines approved for people with chronic HCV.

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Headline: TRICARE question and answer

Question: What is my priority for care in the military treatment facility (MTF)?

Answer: By law, priority for care at the MTF will be based on the following criteria:

- Active duty personnel
- Active duty family members enrolled in TRICARE Prime
- Retirees and their family members and surviving eligible family members of deceased active-duty or retired service members enrolled in Prime
- Active duty family members not enrolled in Prime
- Retirees and their family members and surviving eligible family members of deceased active-duty or retired service members not enrolled in Prime
- Non-enrolled persons eligible for military health care will be seen at military hospitals and clinics on a space-available basis.

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Headline: Healthwatch: What every woman should know about mammography

By LCDR L. LeClair, MC, U. S. Naval Hospital, Yokosuka

All women are at risk of developing breast cancer simply because of their gender. Breast cancer is the most common cancer in women and one out of nine women will get it at some time during their life. But regular mammograms can detect breast cancer early enough to cure it and save the breast.

Screening mammography is the best way to detect breast cancer before it can be felt through breast exams. Modern mammography is safe and effective. With current equipment, the radiation dose of a screening mammogram is extremely low, about the same as a dental X-ray.

Mammography cannot detect all breast cancers.

Interpreting a mammogram can be difficult. Occasionally, a very early cancer is only seen when a radiologist compares your current mammogram to ones you had before.

Eleven national health care organizations, including the American Cancer Society, the American Medical Association, and the American College of Radiology, have agreed that beginning at age 40, women should have a doctor's physical examination and a screening mammogram every year. You may be slightly uncomfortable, but the examination should not be painful.

Regardless of the results of your screening mammogram, women should perform monthly self-exams. If a change is noticed such as a lump, thickening, swelling, pain, nipple discharge or retraction (the nipple or skin being pulled in) contact a physician.

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Comments about and ideas for MEDNEWS are welcome. Story submissions are encouraged. Contact MEDNEWS editor, Earl W. Hicks, at email: mednews@us.med.navy.mil; Telephone 202/762-3223, (DSN) 762-3223, or fax 202/762-3224.

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